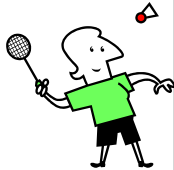


**To register go to [www.carlislema.gov](http://www.carlislema.gov) and click on Recreation**

# Spring

# 2007

## Adult Fitness Programs



- **Badminton - Adult**

**Wednesdays**      **7:15 to 9:30 pm**

**\$35**

**or \$5 at the door**

**Location:** Carlisle School - Church St.  
Gym - Corey Bldg.

**Apr 25   May 2, 9, 16, 23, 30   June 6, 13**

**Recreational Badminton - Everyone welcome.  
Come join the fun.**

- **GOLF for Adults (5 wks)**

**\$160**

**Location and Instructors:** Barrie Bruce Golf School  
Country Club of Billerica - 51 Baldwin Rd - Billerica

## Beginners - Golf School I

**Sat: 1:00-2:30 pm - Apr 28 May 5, 12, 19, 26**

**OR**

**Mon: 7:00-8:30 pm - Apr 30 May 7, 14, 21, 28**

Five 1 hour lessons including: position, swing, short game, practice techniques and drills.

## Intermediate - Golf School II

Equipment provided.

**Sun: 10:00-11:30 am - Apr 15, 22, 29 May 6, 13**

**OR**

**Wed: 7:00-8:30 pm - May 2, 9, 16, 23, 30**

Five **1+ hour lessons** including: 2 Review Lessons, Sand shots, Short game (Pitching/ Club Selection) - Fairway Woods. Equipment provided. Intended for those with some experience.

## Carlisle Recreation Tennis Lessons

## See Tennis



## Ladies Spring Tennis League

**Contact Person: Bobby Lyman**

**bobbylyman@mindspring.com**

**978-369-6185**

To register go to [www.carlislema.gov](http://www.carlislema.gov) and click on Recreation

**Spring**

**2007**

## **Adult Programs** **Arts & Crafts**



- **Pottery - Adults**



**Wednesdays** (6 wks)    **10:00 to 12:00 noon**    Limit 7

**Adult - \$140**

**Senior:**

**15% discount**

**Apr 25 May 2, 9, 16, 23, 30**

**Studio: 548 South St. Instructor: Karin Lemmermann**

Create hand built/glazed pottery using white clay. Opportunity to use pottery wheel. Materials and firing included.

- **Watercolor**

**Mondays**

**1:00 - 3:00 pm**

Limit: 12

**Adult - \$135**

**Senior:**

**15% discount**

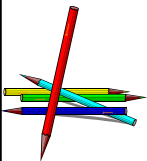
**Apr 23, 30 May 14, 21 June 4, 11, 18, 25 No Class: May 7, 28**

**Town Hall: Clark Room**

**Instructor: Cynthia Durost**

Learn and explore painting, composition & drawing techniques. Students develop personal imagery, working from observation and imagination. Discover the joy of painting while learning these artistic skills. All levels.

- **Sketchbook Drawing    16 yrs - Adult**



**Wednesday Evenings**

Limit: 6

**\$115**

**7:00 - 8:30 pm - Apr 25 May 2, 9, 16, 23, 30 June 6, 13**

**Instructor:** Gail Fitzpatrick-professional artist for 20+ yrs. [www.gfportraits.com](http://www.gfportraits.com)

**Location:** **Fitzpatrick Studio** - 218 Bedford Rd. From Carlisle School take Church St. to bottom of hill, on left—green bldg

Some drawing experience desirable - Explore the fun and spontaneity of drawing in a portable sketchbook. Review the basics and experiment with materials & techniques. Drawing non-stop, fill sketchbooks with people, places, objects and notes about your progress. **Bring to first class:** a drawing that represents your skills plus a 9 x 12 spiral sketchbook (100 pg. White) & 4B or ebony pencil.

To register go to [www.carlislema.gov](http://www.carlislema.gov) and click on Recreation

**Spring**  
**2007**

## Adult Fitness Programs



- **CPR & First Aid Program** - 15 yrs to Adult

**Mondays:**                      5:00 to 7:00 pm                      \$50/class



**Apr. 2 - Adult CPR & AED**

**Apr. 9 - Infant & Child CPR**

**Apr. 23 - First Aid & Epi Pen Training**

**Location:** Town Hall - Clark Room    **Instructor:** Cindy Nock, Red Cross Certified

Gain the knowledge & skills to provide basic care for injuries and sudden illnesses until advanced medical personnel arrive and take over. Includes: booklet, skill cards and certification.

- **T'Ai Chi**      **FREE Demo: Sat. April 14 - 8:00 to 9:00 am**

**Wednesdays:**      Limit: 10 / class

**Adult - \$100      Senior: 15%discount**

**AM: 9:00 - 10:00      OR      PM 6:00-7:00**

**Apr 25 May 2, 9, 16, 23, 30 June 6, 13**

**Location:** Town Hall - Clark Room    **Instructor:** Paul Hackbarth

Learn the opening moves of Yang style T'Ai Chi. Slow dance-like movements that can improve strength, balance and well being. Come find out why people of all ages fill the parks of China to practice this art.

- **The 60 Minute Workout - Aerobics**      **Low & High Impact (individualized)**

**Adult - \$110      Senior: 15% discount**

**Fridays:      9:00 - 10:00 am                      Limit: 10**

**Apr 27 May 4, 11, 18, 25 June 1, 8, 15**

**Location:** Town Hall-Clark Room    **Instructor:** Dianne DeForge, NASM Certified



Stretch muscle groups, complete a 25 min. aerobic, cardiovascular routine to music, use weights to strengthen and tone muscles. Bring 2 to 5 lb. weights and a mat or blanket.

To register go to [www.carlislema.gov](http://www.carlislema.gov) and click on Recreation

**Spring**  
**2007**

## **Adult Fitness Programs**



- **Yoga – Kripalu**

**Mondays**    **Adult - \$ 100    Senior: 15% discount**    Limit: 10 /class

Apr 23, 30   May 7, 14, 21   June 4, 11, 18    **No Class:   May 28**

**Class 1:**    9:00 - 10:00 am

**OR**                    **Class 2:** 10:15 - 11:15 am

**Location:** Town Hall - Clark Room    **Instructor:** Karen Verrill, Certified  
For beginning & continuing students. Combines slow, gentle warm-ups, traditional yoga postures, breathing techniques and relaxation. Bring a mat or blanket.

- **Yoga – Kripalu    EVENINGS**

**Adult - \$ 100    Senior: 15% discount**

**Tuesdays:**    **5:30 pm - 6:45 pm**            Limit: 10

Apr 3, 10, 24   May 1, 8, 15, 22, 29    **No Class:   Apr 17**

**Location:**    Carlisle School - Corey Bldg - Exercise Rm

**Instructor:**    Sara Rolley, Certified

For beginning & continuing students. Combines slow, gentle warm-ups, traditional yoga postures, breathing techniques and relaxation. Bring a mat or blanket.



- **Yoga – Kripalu    SUMMER**

**Adult - \$ 70    Senior: 15% discount**

**Mondays:**    **9:00 am - 10:15 am**            Limit: 10

**July 9, 16, 23, 30   Aug 6**            (5 wks)

**Location:** Town Hall - Clark Room    **Instructor:** Sara Rolley, Certified

For beginning & continuing students. Combines slow, gentle warm-ups, traditional yoga postures, breathing techniques and relaxation. Bring a mat or blanket.

**Summer**

## ADULT REGISTRATION FORM

USE A SEPARATE REGISTRATION FORM FOR EACH PARTICIPANT

Year: \_\_\_\_\_ Season (circle one) Spring Summer Fall Winter

Name: \_\_\_\_\_ M / F DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ Senior \_\_\_\_\_

Address: \_\_\_\_\_ Home#: \_\_\_\_\_

Town: \_\_\_\_\_ Zip \_\_\_\_\_ E-Mail: \_\_\_\_\_

In the event of an emergency we will make contact in the order you indicate:

#1 \_\_\_\_\_ Work # \_\_\_\_\_ Cell # \_\_\_\_\_

#2 \_\_\_\_\_ Work # \_\_\_\_\_ Cell # \_\_\_\_\_

Special Need/Concerns: \_\_\_\_\_

I do hereby waive, release, absolve, indemnify, and agree to hold harmless Carlisle Recreation, the Directors, sponsors, supervisors, coaches, participants, volunteers, and any person transporting me/my child to or from activities for any claim arising out of an injury to me/my child. I give permission for medical treatment to be given if the need arises.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Seniors (age 60+) may opt to pay the senior rate (15% discount) or may pay the regular rate.

<u>Class Name</u>	<u>Day</u>	<u>Time</u>	<u>Session</u>	<u>Amount</u>
_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	\$ _____

If (class name) \_\_\_\_\_ is fully enrolled, my second choice is (class name) \_\_\_\_\_

\_\_\_ I would like to make a donation to the Recreation Gift Account (future improvements) \$ \_\_\_\_\_

\_\_\_ I would like to make a donation to the Recreation Financial Aid Fund \$ \_\_\_\_\_

Make checks payable to: Town of Carlisle Amount Enclosed: \$ \_\_\_\_\_

Register on line at [www.carlislema.gov/registration](http://www.carlislema.gov/registration)

Mail Registration and check to: Carlisle Recreation, 66 Westford St., Carlisle, MA 01741

## **Recreation Policies and General Information**    Updated: Feb 2007

### **Registration**

Register for programs Online at **www.carlislema.gov/registration** (credit cards accepted or mail in check within 5 days).

You may also register in person. Use a Separate Registration Form for each individual. Forms are in the brochure mailed to each Carlisle household or can be downloaded from our website. Registrations can be left in the Recreation Office drop box on the second floor at Town Hall or mailed to the office.

When registering by mail: Make checks payable to: Town of Carlisle

Mail to: Carlisle Recreation, 66 Westford St., Carlisle, MA 01741.

Classes must be paid in full at the time of registration.

Registration will be on a first come, first served basis.

**Email confirmations are issued for all classes. Please make sure your email is included in your registration information. Check your internet settings to avoid emails from our office being autopplaced into your SPAM folder. Check your SPAM folder if you are not receiving emails from us.**

### **Refunds & Cancellations**

The Recreation Department reserves the right to cancel classes due to insufficient enrollment with a full refund.

A Recreation Credit may be requested up to two weeks before the course or program begins with a \$25 processing fee. Cancellations receive a 50% credit before the start of the program. No refunds or credits thereafter.

### **General Information**

Children should be picked up on time after all activities. Late fees will be assessed as follows:

- less than 10 minutes late    No fee
- 10 to 15 minutes late                      \$15
- 20 to 30 minutes late                      \$25

Classes will not be scheduled on school holidays and during vacations, unless otherwise stated. If school is closed due to bad weather, classes will be cancelled. Every attempt will be made to reschedule.

If afternoon classes are cancelled due to a change in weather, an announcement will be made at school and a recording placed on the **Recreation phone: 978-369-9815**. Children will take normal bus home.

Recreation Program scholarships available upon request based on need.

Additional copies of Brochures available at the Gleason Library and at the Recreation Office and on the website **www.carlislema.gov/recreation**.

The Recreation Department welcomes new ideas, suggestions, and volunteers, to better serve the Carlisle community. Give us a call !

Paid instructors are needed for all types of activities and age groups.